

Healthy Bites



Information To Improve the Selection and Use Of Foods In Your Home

Whole Grains Pack a Healthy Punch

Volume XXVI



Whole grains continue to make headlines. Government guidelines and nutritionists tell us to eat more of them. Supermarket shelves have lots of new products that say they contain whole grains. So why is there so much attention on whole grains?

The government's *2005 Dietary Guidelines for Americans* and *MyPyramid* food guidance system put the spotlight on these foods. Research shows that whole grains offer important health benefits. They can reduce our risk of heart disease, diabetes, cancer and even help with weight control. Health experts suggest we eat at least three servings of whole grains each day to get these benefits, but most American are getting only one serving or less!

What exactly is a whole grain? The part of the grain that farmers harvest is called the kernel. The kernel has three parts: the germ, the bran or outer hull and the endosperm. To be labeled "whole grain," a food must contain all three parts in the same proportion as the original grain kernel. Favorite grains that qualify as whole grains are wheat, oats, corn and cornmeal, popcorn, brown and wild rice, barley and rye.

How can we tell if a food is whole grain? Carefully check the ingredient list on the label. By law, the first ingredient listed is present in the greatest amount by weight. So look for the first ingredient to be "whole wheat," "whole oats," "whole rye" or "whole grain barley." Don't be fooled by healthy-sounding words like "enriched," "wheat flour," "cracked wheat," "multi-grain," "stone-ground," "bran" or "seven-grain." If it doesn't say "whole grain" or whole wheat, it's not the real thing.

- Always keep some whole grain cereal handy for quick breakfasts.
- Mix wild or brown rice or barley in soups and casseroles.
- Make hearty sandwiches with whole grain breads or rolls.
- If whole wheat pasta seems too heavy, try one of the whole-wheat blend pastas.
- Substitute whole wheat flour for part of the white flour in favorite recipes.

Source: Family & Consumer Sciences July-Sept. 2006

WORD WISE

Whole Grain

Choose foods that name one of the following whole-grain ingredients first on the label's ingredient list:

- brown rice or wild rice
- whole grain corn
- whole oats
- whole rye
- whole wheat



Source: USDA

PUMPKIN PANCAKES

In a large bowl, beat
1 1/2 cups milk
2 eggs
2 T vegetable oil
1 tsp vanilla extract
1/2 cup cooked pumpkin



Sift together into the above mixture
1 c all purpose flour & 1 c whole wheat flour
2 T packed light brown sugar
2 tsp baking powder
3 tsp pumpkin pie spice
1 tsp. baking soda
1/4 tsp. salt

Beat until smooth. Pour onto a heated and lightly greased griddle. Cook until the top surface is bubbly and the edges are dry. Turn and cook until golden brown. Serving size 2 pancakes, calories 334, 4 grams of fat

Source: allrecipes.com

Let's Eat Out! Healthful Fast Foods

Most fast food meals and snacks are:

- **High** in fat, calories, sodium.

However, you need to limit these.

- **Low** in fiber, calcium, other nutrients.

However, you need to get enough of these.

- **Short** on fruits, vegetables, or calcium-rich foods (like milk).

However, you may need more of these.

Super-size fast foods may not be a good deal!

Instead, big portions may:

- Overwhelm young children, who have small appetites.
- Provide more than your family needs.
- Encourage people to eat until they feel stuffed, not just satisfied.
- Set the stage for overeating and weight problems. With big portions, children lose their natural ability to follow hunger signals and their appetite.

Choose less fat

- ☐ Order regular-size burgers, burritos, and tacos, not deluxe-size.
- ☐ Split a small order of fries, or skip them.
- ☐ Order grilled chicken, not fried.



Choose smaller portions.

- ☐ Look for small and regular-size foods. For a young child, even a small portion may be too much.
- ☐ Decide how to handle the portion before ordering. Split it with your child.
- ☐ Skip value meals. They may provide more food than your family needs.

Choose more bone-building calcium.

- ☐ Drink milk with fast food.
- ☐ Order cheese on a burger or sandwich.
- ☐ Buy yogurt if your family likes it.

Choose less added sugars.

- ☐ Skip soda. Order milk, juice, or water.
- ☐ Order a regular, not super-sized, soda.
- ☐ Skip fruit pies. Bring an apple, banana, or grapes for something sweet to eat.

Choose more fruits and vegetables

- ☐ Ask for tomato, lettuce, and other vegetables on sandwiches.
- ☐ Get salad, not fries.
- ☐ Load pizza with veggies.

Source: USDA: Nibbles for Health

CHECK THE LABEL

Check for Whole Grain

Nutrition Facts		
Serving size 1 bar (38g mix)		
Servings Per Container 9		
Amount Per Serving	Dry Mix	Baked**
Calories	160	180
Calories From Fat	40	40
% Daily Value***		
Total Fat 4.5g*	7%	7%
Sat Fat 0g	0%	0%
Trans Fat 0g		
Omega-3 600mg		
Cholesterol 0mg	0%	0%
Sodium 130mg	5%	6%
Total Carb 22g	7%	9%
Dietary Fiber 3g	11%	11%
Sugars 10g		
Protein 9g		
Calcium	10%	12%
Iron	15%	15%

Ingredients:

Long Grain Rice Flour, Whole Wheat Flour, Ground Flaxseed, Evaporated Cane Juice, Heavy Wheat Bran, Soy Protein Isolate, Oat Fiber, Malt Extract, Salt, Calcium Bicarbonate, Sodium Bicarbonate, Natural Flavor, Mixed Tocopherols (A Natural Antioxidant), Rosemary Extract, Annatto. Contains wheat and soybean ingredients.

Source: zoefoods.com

**PUMPKIN TRIVIA

- A pumpkin is not a vegetable: it's a fruit.
- Pumpkins belong to the family cucurbitaceae that includes cucumbers, melons, squash, and gourds.
- Pumpkins range in size from less than a pound to over 1,100 pounds.
- An average size pumpkin contains a cup of seeds.
- Pumpkins are a good source of nutrition. They contain Vitamin A & B and potassium.
- Pumpkins originated in America.



Source: University of Illinois Extension

Keeping Food Safe During an Emergency

Did you know that a flood, fire, natural disaster, or the loss of power from high winds, snow, or ice could jeopardize the safety of your food? Knowing how to determine if food is safe and how to keep food safe will help minimize the potential loss of food and reduce the risk of foodborne illness. This fact sheet will help you make the right decisions for keeping your family safe during an emergency.

ABCD'S Of Keeping Food Safe in an Emergency

Always keep meat, poultry, fish, and eggs refrigerated at or below 40 °F and frozen food at or below 0 °F. This may be difficult when the power is out.

Keep the refrigerator and freezer doors closed as much as possible to maintain the cold temperature. The refrigerator will keep food safely cold for about 4 hours if it is unopened. A full freezer will hold the temperature for approximately 48 hours (24 hours if it is half full) if the door remains closed.



Be prepared for an emergency by having items on hand that don't require refrigeration and can be eaten cold or heated on the outdoor grill. Shelf-stable food, boxed or canned milk, water, and canned goods should be part of a planned emergency food supply. Make sure you have ready-to-use baby formula for infants and pet food. Remember to use these items and replace them from time to time. Be sure to keep a hand-held can opener for an emergency.

Consider what you can do ahead of time to store your food safely in an emergency. If you live in a location that could be affected by a flood, plan your food storage on shelves that will be safely out of the way of contaminated water. Coolers are a great help for keeping food cold if the power will be out for more than 4 hours—have a couple on hand along with frozen gel packs. When your freezer is not full, keep items close together—this helps the food stay cold longer.

Digital, dial, or instant-read food thermometers and appliance thermometers will help you know if the food is at safe temperatures. Keep appliance thermometers in the refrigerator and freezer at all times. When the power is out, an appliance thermometer will always indicate the temperature in the refrigerator and freezer no matter how long the power has been out. The refrigerator temperature should be 40 °F or below; the freezer, 0 °F or lower. If you're not sure a particular food is cold enough, take its temperature with a food thermometer.

Source: USDA/FSIS

Check our Web site:
macombcountymi.gov/msuextension

- Calendar of upcoming programs
- Program descriptions
- Volunteer opportunities
- Past Healthy Bites issues

Want to be on our mailing list? Please call!

Note: Healthy Bites may be reproduced and distributed, however, please copy with logos and resources intact. Also, please let us know the number distributed for our



Copy cats permitted!



For more information or questions regarding food and nutrition, contact us!

MSU Extension - Food and Nutrition
21885 Dunham Road, Suite 12
Clinton Township, Michigan 48036
Phone: 586-469-6432